Mental Health and Workaholism: Finding God's Rest



Explore 30 days of scripture and reflection focused on mental health and overcoming workaholism through God's peace and rest.





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Introduction

Welcome to this 30-day Bible study on Mental Health and Workaholism. In today's fast-paced world, the drive to succeed often leads to workaholism, a condition where work consumes our time, thoughts, and energy to the detriment of our well-being. As followers of Christ, we are called to live balanced lives, embracing God's rest and finding peace in Him. This study invites you to reflect deeply on biblical truths about mental health, rest, and priorities, helping you break free from the chains of workaholism.

Throughout these 30 days, you will engage with scripture passages that speak to God's care for your whole being—mind, body, and spirit. You'll discover God's design for rest and how trusting Him can bring healing and renewal amid the pressures of work.

Workaholism is often rooted in fear, identity struggles, or a desire for control, leading to stress, anxiety, and burnout. The Bible addresses these struggles with timeless wisdom, reminding us that our worth is not defined by productivity but by being God's beloved children. You will learn to replace relentless striving with surrender, experiencing His peace that transcends understanding.

Each day offers a focused passage, supporting scriptures, a devotional to deepen your understanding, reflection questions to encourage self-examination, journaling prompts to apply the truths personally, and a prayer to invite God's presence and healing into your life. May this journey







encourage you to set healthy boundaries, embrace God's rhythm of work and rest, and nurture your mental health through Him.

Let's begin this journey with open hearts and minds, ready to receive God's grace and guidance. May you find rest, renewal, and freedom in Him. \triangle

















Your Verse

Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."

Supporting Scriptures

- Psalm 23:2 "He makes me lie down in green pastures, he leads me beside quiet waters,"
- Hebrews 4:9 "There remains, then, a Sabbath-rest for the people of God;"







Devotional: Accepting Jesus' Invitation to Rest

Workaholism can leave us feeling exhausted, overwhelmed, and distant from God's peace. Jesus knows our weariness and gently invites us to come to Him for rest—not just physical rest but a deep soul rest that restores and renews. This rest is a refuge from the endless lists and pressures of work, where we can lay down our burdens and receive His grace.

When we try to carry everything ourselves, our mental health suffers. But Jesus offers a different way—one of surrender, trust, and peace. As you begin this study, consider how you can respond to Jesus' invitation today. Are you willing to step away from the frenetic pace and enter into His rest?

Remember, God's rest isn't about laziness; it's about restoring balance, recentering our lives on Him, and trusting that He is in control.







Reflect and Apply

1.	What areas of your life feel most tiring or burdensome right now?
2.	How do you usually react when you feel overwhelmed by work?
3.	What does 'rest' mean to you personally? How might God's rest be different?







Journaling Prompts

1.	List your current work and life burdens. How can you give these to God?
2.	Describe a time you experienced true rest. What made it possible?
3.	Write a prayer asking Jesus to help you accept His invitation to rest.







Prayer for Today

Lord Jesus, thank You for inviting me to come to You when I am weary. I confess that sometimes I try to carry all my burdens alone and forget Your promise of rest. Please help me to trust You more and find my peace in You. Teach me how to balance my work with Your gentle rhythm of rest. Renew my mind and soul today, and lead me beside quiet waters. In Your loving name I pray, *Amen.*

















Day 2: © Caring for Your Mind

Your Verse

Philippians 4:6-7 – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







Day 2: © Caring for Your Mind

Devotional: Guarding Your Mind with God's Peace

Mental health begins with the heart and mind we choose to nurture.

Workaholism often fills our thoughts with worry, pressure, and a constant need to prove our worth through achievement. Scripture reminds us to cast all our anxieties on God through prayer and thanksgiving.

When we deliberately bring our concerns to God, He grants us peace that surpasses human understanding. This peace acts as a guard for our hearts and minds, shielding us from destructive anxiety and fear. Practicing this daily can transform how we approach work and life, replacing stress with trust.

As you meditate on these verses, ask God to help you identify anxious thoughts and bring them to Him. How can you cultivate a mental environment of peace and self-discipline in your daily routine?







Reflect and Apply

	What types of worries or fears tend to dominate your thoughts related to work?
	How does prayer and thanksgiving currently fit into your mental health practices?
	In what practical ways can you 'guard' your mind each day with God's peace?







Day 2: O Caring for Your Mind

Journaling Prompts

1.	Write down your common anxious thoughts and pray over each one.
2.	Describe a moment when you felt God's peace guarding your mind.
3.	Plan a daily practice to bring your worries to God and receive peace.







Prayer for Today

Dear Heavenly Father, thank You for Your promise to guard my heart and mind with peace. Help me to bring every worry and anxious thought to You in prayer. Teach me to be mindful of the thoughts I dwell on and to replace fear with faith. Strengthen me by Your Spirit to walk in love and self-discipline. May Your peace calm my mind today and always. In Jesus' name, *Amen.* \swarrow

















Your Verse

Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens:"

Supporting Scriptures

- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."
- Isaiah 40:31 "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."







Devotional: Trusting God's Perfect Timing

Workaholism often drives us to rush, multitask, and push ourselves beyond healthy limits. Losing patience with God's timing can lead to frustration and burnout. Ecclesiastes reminds us there is a time and season for every activity under the heavens, urging us to align with God's timing rather than our own.

Waiting on God requires strength and courage, but He renews our strength as we place our hope in Him. This renewal helps us endure and find balance between work and rest. Reflect today on how your pace of work compares with God's timing. Are there areas where you need to slow down and trust Him more?







Reflect and Apply

1.	How does impatience affect your work habits and mental health?
2.	What feelings arise when you consider waiting on God's timing?
3.	In what ways can trusting God's timing help you overcome workaholisms







Journaling Prompts

1.	Write about a time God's timing tested your patience but led to good outcomes.
2.	List the areas of your life where you struggle to wait on God.
3.	Create a personal prayer asking for strength to trust and wait on the Lord.







Prayer for Today

Gracious God, teach me to trust Your perfect timing and not my own hurried pace. Help me to wait patiently and find strength in You. Renew my energy and courage to follow Your rhythm of work and rest. May I lean on Your promises and find peace in Your timing. In Jesus' name, *Amen.*









Day 4: Our Identity in Christ









Day 4: V Our Identity in Christ

Your Verse

Galatians 2:20 - "I have been crucified with Christ and I no longer live, but Christ lives in me..."

Supporting Scriptures

- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works,"
- Colossians 3:23–24 "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."







Day 4: V Our Identity in Christ

Devotional: Finding True Worth in Christ Alone

Workaholism can blur our self-identity, making us feel valuable only through our achievements and output. Paul reminds us that our true identity is not in what we do but in Christ living within us. Our worth comes from being God's beloved children, created for good works but not defined by them.

This truth frees us from the pressure to prove ourselves through relentless work. Instead, we can approach work as an act of worship done for the Lord, who values us unconditionally. Consider today how your identity might be shaped by your work or by what God says about you.







Day 4: 💙 Our Identity in Christ

Reflect and Apply

1.	Do you find your self-worth tied to your productivity? How?
2.	How does knowing Christ lives in you change your perspective on work?
3	What steps can you take to embrace your identity apart from your job
	performance?







Day 4: V Our Identity in Christ

Journaling Prompts

1.	Write a declaration of who you are in Christ, beyond your work roles.
2.	Reflect on ways to honor God through your work without it defining you.
3.	Pray asking God to help you root your identity in Him alone.







Day 4: 💙 Our Identity in Christ

Prayer for Today

Dear Lord, thank You for making me Your child and giving me a new identity in Christ. Help me to see myself as You see me—not by what I accomplish but by Your love. Teach me to work with joy as service to You, free from the need to prove my worth. Strengthen my heart to find contentment and value in Your presence. In Jesus' name, *Amen.* \swarrow \checkmark

















Your Verse

Proverbs 4:23 - "Above all else, guard your heart, for everything you do flows from it."

Supporting Scriptures

- Mark 1:35 "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."
- Exodus 20:8 "Remember the Sabbath day by keeping it holy."







Devotional: Protecting Your Heart Through Boundaries

Workaholism often erodes boundaries between work, rest, and personal time, causing emotional and mental exhaustion. Proverbs warns us to guard our hearts carefully, as it influences every aspect of life. Jesus modeled this by intentionally seeking quiet time and solitude to pray and recharge.

Setting healthy boundaries—such as honoring a Sabbath rest—is a biblical principle that supports mental health and combats the pressures of constant work. Reflect on where you may need to establish clear limits in your work habits and daily schedule to protect your well-being.







Reflect and Apply

	What boundaries do you currently have between work and personal life? Are they effective?
2.	How did Jesus' example of solitude and rest encourage you today?
3.	What specific boundaries could improve your mental health and reduce workaholism?







Journaling Prompts

1.	List the boundaries you want to set to protect your mental health.
2.	Plan practical steps to implement these boundaries starting this week.
3.	Write a prayer asking God for the strength to maintain healthy limits.







Prayer for Today

Father God, help me to guard my heart by setting wise boundaries in my work and life. Teach me to follow Jesus' example by carving out time for rest and prayer. Give me the courage and discipline to say no when I need to, trusting Your provision. Protect my mind and spirit from burnout. In Jesus' name, *Amen.*







Day 6: W Peace in the Midst of Busyness









Day 6: W Peace in the Midst of Busyness

Your Verse

John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Supporting Scriptures

- Psalm 46:10 "Be still, and know that I am God;"
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







Day 6: 💙 Peace in the Midst of Busyness

Devotional: Receiving Christ's Peace Daily

In the hectic pace of work and endless to-do lists, mental turmoil and anxiety can easily overwhelm us. Jesus offers a peace unlike any the world gives—a peace that calms our troubled hearts and frees us from fear.

To experience this, we need to intentionally pause, be still, and fix our minds on God's presence and promises. This spiritual practice helps us maintain mental clarity and calm amidst busyness. As you reflect today, ask God to fill your heart with His peace and guide you toward stillness even during busy seasons.







Day 6: 🛱 Peace in the Midst of Busyness

Reflect and Apply

1.	How do you usually respond to stressful or busy periods at work?
2.	What distractions keep you from experiencing God's peace regularly?
3.	How can you cultivate regular times of stillness and trust in God?







Day 6: 🛱 Peace in the Midst of Busyness

Journaling Prompts

1.	Describe a moment recently when you sensed God's peace in the chaos.
	List practical ways to remind yourself to pause and pray during your workday.
3.	Write a prayer inviting Jesus' peace to fill your heart today.







Day 6: 💙 Peace in the Midst of Busyness

Prayer for Today

Lord Jesus, thank You for the gift of Your peace that calms fears and troubles. Help me to be still and know You are God in the middle of my busy days. Teach me to fix my thoughts on Your goodness and trust Your control. May Your peace guard my heart and mind today. In Your precious name, *Amen.* \swarrow

















Your Verse

Proverbs 16:3 – "Commit to the Lord whatever you do, and he will establish your plans."

Supporting Scriptures

- Psalm 37:5 "Commit your way to the Lord; trust in him and he will do this:"
- Colossians 3:17 "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus,"







Devotional: Surrendering Work Plans to God

Our drive to control work outcomes can increase stress and contribute to workaholism. The Bible encourages us to commit all our work to the Lord, trusting Him to guide and establish our plans.

This act of surrender serves as a powerful antidote to anxiety and overworking. When we acknowledge God's sovereignty over our labor, we find peace knowing that our efforts matter most when aligned with His purpose. Reflect on your current work commitments and pray about areas where you need to relinquish control.







Reflect and Apply

1.	How much control do you typically try to exert over your work outcomes?
	In what ways can committing your work to God change your approach to tasks?
3.	What fears arise when considering surrendering your work plans to God?
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Journaling Prompts

1.	Write out your current work goals and ask God to take charge of them.
	Reflect on previous times God has established your plans when you trusted Him.
3.	Pray for freedom from control and anxiety over your work projects.







Prayer for Today

















Your Verse

Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."

Supporting Scriptures

- Psalm 73:26 "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."
- Nehemiah 8:10 "Do not grieve, for the joy of the Lord is your strength."







Devotional: Finding God as Your Strength Source

Workaholism can leave us depleted physically, emotionally, and mentally. God promises to strengthen the weary and empower the weak. When we feel drained, He is our endless source of strength.

This strength comes not only from physical rest but spiritual renewal—finding joy, hope, and purpose in Him. Relying on God daily enables us to endure challenges with resilience and grace. Reflect on how you currently seek strength and consider inviting God into your fatigue.







Reflect and Apply

1.	Where do you most often feel weak or exhausted in your work and life?
2.	How do you currently replenish your strength physically and spiritually?
3.	What would it look like to rely more fully on God's strength each day?







Journaling Prompts

1.	Recall a time God gave you strength in difficulty; describe it.
2.	List habits that either drain or renew your energy and spirit.
3.	Pray asking God to increase your strength and sustain you daily.







Prayer for Today

Lord God, You are the source of my strength when I am weary. I ask You to renew my heart and spirit today. Help me to rest in Your joy and trust Your power where I feel weak. Carry me through the challenges and work ahead. I place my strength in You. In Jesus' name, *Amen.* \triangle

















Your Verse

2 Corinthians 12:9 – "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness."

Supporting Scriptures

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Romans 8:38–39 "Nothing can separate us from the love of God that is in Christ Jesus our Lord."







Devotional: Embracing God's Strength through Weakness

In the midst of workaholism, we often resist admitting weakness, believing strength means relentless productivity. Yet, God's grace is revealed most powerfully when we acknowledge our weaknesses and depend on Him.

Paul's experience reminds us that God's power is perfected in our weakness. This truth frees us from pride and fosters humility and trust. Consider how admitting your struggles to God can open the door to His sustaining grace and transformative power.







Reflect and Apply

1.	Why is it difficult for you to admit weakness or ask for help?
	How does understanding God's grace change your perspective on your struggles?
3.	How can vulnerability with God improve your mental health journey?







Journaling Prompts

1.	Write about a personal weakness you want to surrender to God.
2.	Reflect on how God has shown His grace in your life during hard times.
3.	Pray for courage to rely on God's power rather than your own strength.







Prayer for Today

Merciful God, thank You that Your grace is enough even when I feel weak. Help me to lay down my pride and lean on Your strength. Teach me to be vulnerable with You and receive Your power in my struggles. Let Your love surround me and bring healing to my heart. In Jesus' name, Amen. \triangle

















Day 10: 😂 Loving Yourself as God Does

Your Verse

Mark 12:31 - "Love your neighbor as yourself."

Supporting Scriptures

- Psalm 139:14 "I praise you because I am fearfully and wonderfully made;"
- Matthew 22:39 "The second is like it: 'Love your neighbor as yourself.'"







Day 10: S Loving Yourself as God Does

Devotional: Honoring God by Loving Yourself

Workaholism can lead to neglecting self-care and discouraging self-love. Yet, Jesus commands us to love others as we love ourselves, implying that self-love is important.

God created you wonderfully and desires for you to care for yourself as an act of honoring Him. When we love ourselves well, we are better equipped to serve others without depletion or resentment.

Reflect on how you treat yourself and what barriers might prevent you from embracing God's love fully—including toward yourself.







Day 10: 😇 Loving Yourself as God Does

Reflect and Apply

1.	How have your work habits affected your self-care and love?
2.	What does 'loving yourself' look like in a biblical context?
3.	How can loving yourself improve your relationship with God and others?







Day 10: 😇 Loving Yourself as God Does

Journaling Prompts

1 .]	Describe ways you can show love and care to yourself starting today.
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	List affirmations from Scripture that remind you of your God-given worth.
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	Pray for a deeper understanding of God's love for you and how to accept it.
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Day 10: S Loving Yourself as God Does

Prayer for Today

Father, help me to see myself through Your eyes—as wonderfully made and deeply loved. Teach me to care for myself with the love You intended, knowing it honors You. Help me balance work and rest with compassion toward myself. May Your love transform my heart and mind. In Jesus' name, *Amen.* \bigwedge \bigcirc \bigcirc

















Day 11: Day Balancing Work and Rest

Your Verse

Exodus 23:12 - "Six days do your work, but on the seventh day do not work,"

Supporting Scriptures

- Genesis 2:2-3 "By the seventh day God had finished the work he had been doing... He rested on the seventh day from all his work."
- Matthew 6:33 "But seek first his kingdom and his righteousness,"







Day 11: Day Balancing Work and Rest

Devotional: God's Design for Work-Life Balance

Workaholism skews our perception of productivity, often ignoring the biblical rhythm of work and rest. God Himself modeled rest after creating the world, and He commands us to observe a Sabbath—a holy time set apart.

By balancing work with rest, we align with God's design and nurture mental and physical health. Rest restores creativity, perspective, and joy, empowering us to serve God better in all areas of life.

Reflect today on the balance between your work and rest cycles. Are you honoring God's rhythm?







Day 11: 💯 Balancing Work and Rest

Reflect and Apply

1.	What prevents you from taking regular rest as God intended?
2.	How does resting affect your productivity and mental well-being?
3.	How can seeking God's kingdom first help you prioritize rest?







Day 11: 💯 Balancing Work and Rest

Journaling Prompts

1. P	lan a weekly rhythm of work and rest that honors God's instructions.
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2. Jo	ournal how rest times affect your mood, focus, and energy.
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3. P	ray for discipline and grace to embrace God's balance fully.
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Day 11: Balancing Work and Rest

Prayer for Today

Lord God, thank You for creating work and rest. Help me to honor Your rhythm by resting regularly and trusting You with the results of my labor. Teach me to seek Your kingdom first and find peace in Your timing. Renew my body and soul in Your perfect balance. In Jesus' name, *Amen.* \nearrow

















Your Verse

Philippians 4:11-12 - "I have learned to be content whatever the circumstances."

Supporting Scriptures

- 1 Timothy 6:6 "Godliness with contentment is great gain."
- Hebrews 13:5 "God has said, 'Never will I leave you; never will I forsake you."







Devotional: Learning Contentment in Every Situation

Workaholism can mask discontent through constant striving for more. Paul teaches that contentment is a learned practice, rooted in trusting God regardless of circumstances.

God provides lasting satisfaction not through achievement but through His presence and promises. Choosing contentment frees us from the endless chase and supports mental well-being.

Today, examine areas where you wrestle with discontent and invite God to teach you His peace.







Day 12:
 Cultivating Contentment

Reflect and Apply

1.	What are some 'more' things you chase that steal your contentment?
2.	How does God's presence provide a foundation for true contentment?
3.	What practical steps can you take toward cultivating contentment daily?







Day 12:
 Cultivating Contentment

Journaling Prompts

1.	List blessings in your life to ignite a spirit of thankfulness and contentment.
2.	Write about how a mindset of contentment might change your work approach.
3.	Pray asking God to help you be content in every season.







Prayer for Today

Gracious Father, teach me to be content with what I have and who I am in You. Help me to stop striving out of discontent and instead rest in Your sufficiency. Fill me with joy and gratitude that sustain my mental health and honor You. In Jesus' name, *Amen.* \bigwedge \bigcirc \bigcirc







Day 13: 1 The Power of Prayer for Mental Health









Day 13: 1 The Power of Prayer for Mental Health

Your Verse

1 Thessalonians 5:16–18 – "Pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Supporting Scriptures

- James 5:16 "The prayer of a righteous person is powerful and effective."
- Psalm 62:8 "Trust in him at all times, you people; pour out your hearts to him."







Day 13: The Power of Prayer for Mental Health

Devotional: Drawing Strength through Constant Prayer

Prayer is a vital tool for guarding mental health and combating workaholic pressures. Paul calls us to pray continually, bringing every thought and feeling to God with thanksgiving.

Communicating with God releases burdens, invites His peace, and anchors us in hope. When work pushes hard, returning to prayer can soften stress and renew perspective.

Reflect on your prayer life. How consistent and honest is your communication with God about your mental and emotional state?







Day 13: 1 The Power of Prayer for Mental Health

Reflect and Apply

How often do you bring work stress and mental struggles to God in prayer?
What difference does prayer make in your experience of anxiety or overwhelm?
What obstacles keep you from praying continuously, and how can you overcome them?







Day 13: <a>13: The Power of Prayer for Mental Health

Journaling Prompts

1.	Write a prayer expressing your current mental state and needs.
2.	Journal about times prayer brought relief during stressful periods.
3.	Plan ways to incorporate brief prayers throughout your workday.







Day 13: 1 The Power of Prayer for Mental Health

Prayer for Today

















Your Verse

Psalm 46:10 - "Be still, and know that I am God;"

Supporting Scriptures

- Lamentations 3:26 "It is good to wait quietly for the salvation of the Lord."
- Zechariah 2:13 "Be silent before the Lord, all mankind... for he is coming to live among you."







Devotional: The Healing Practice of Stillness

Workaholism tends to fill moments with noise, busyness, and distraction. God invites us into stillness—a spiritual practice of quieting our bodies and minds to fully experience His presence.

Being still helps reduce anxiety, clarifies priorities, and restores mental health by creating space for God's peace. Developing this habit requires intentional effort but yields deep renewal.

Today, spend time reflecting on how you can practice stillness amid your daily schedule.







Reflect and Apply

1.	What prevents you from being still in your daily life?
	How might stillness impact your relationship with God and your mental health?
3.	What practical changes can you make to include stillness in your routine?







Journaling Prompts

	Describe your experience when you intentionally practiced being still with God.
2.	List distractions that commonly disrupt your ability to rest and be still.
3.	Pray asking God to teach you the discipline of stillness and silence.







Prayer for Today

God of peace, teach me to be still and know You are in control. Help me silence the noise and hurried pace that distract me. Draw me into quiet moments with You that refresh my soul and calm my mind. May stillness become a habit that strengthens my mental health. In Jesus' name, *Amen.* \bigwedge







Day 15: 🍑 The Importance of Community









Day 15: 🎔 The Importance of Community

Your Verse

Ecclesiastes 4:9–10 – "Two are better than one... If either of them falls down, one can help the other up."

Supporting Scriptures

- Hebrews 10:24–25 "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together,"
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Day 15: 🎔 The Importance of Community

Devotional: Finding Strength in Christian Community

Workaholism isolates many as they pour energy into work rather than relationships. God designed us for community, to encourage, support, and carry each other's burdens.

Being part of a healthy community helps improve mental health by providing accountability, empathy, and rest from isolation. Reflect on your current relationships—are you connected in meaningful ways that nurture your soul and challenge workaholic tendencies?







Day 15: 🍑 The Importance of Community

Reflect and Apply

1.	Do you tend to isolate yourself when overworked? Why or why not?
2	Who in your life can encourage you to find balance and rest?
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3.	How might deeper community involvement support your mental health?







Day 15: 🎔 The Importance of Community

Journaling Prompts

1.	Make a list of trusted people you can reach out to for support.
2.	Journal ways you can build or deepen relationships that honor God and your well-being.
3.	Pray for openness to community and healing from isolation.







Day 15: 🎔 The Importance of Community

Prayer for Today

Father, thank You for placing me in community to support and encourage each other. Help me to reach out and receive help when I struggle, and to be a source of love and strength to others. Heal any wounds from isolation and draw me into healthy relationships. May I find rest and renewal in fellowship. In Jesus' name, *Amen.*









Day 16: N Letting Go of Control









Day 16: N Letting Go of Control

Your Verse

Psalm 46:10 – "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Supporting Scriptures

- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding;"
- Matthew 6:34 "Therefore do not worry about tomorrow, for tomorrow will worry about itself."







Day 16: S Letting Go of Control

Devotional: Freedom through Trust and Surrender

Workaholism frequently stems from a desire to control outcomes and prevent failure. Yet God calls us to surrender control and trust Him fully.

*'Being still' is an act of surrendering control and affirming God's sovereignty.*Letting go can feel frightening, but it opens the way for peace and mental rest.

Reflect on what control you hold tightly and invite God to take charge.







Day 16: 🦠 Letting Go of Control

Reflect and Apply

1.	In what areas do you struggle most with control related to work?
	How does worry about the future impact your mental health and work habits?
	What would trusting God more and letting go look like practically for you?







Day 16: 🦠 Letting Go of Control

Journaling Prompts

1.	Write about fears you have around surrendering control to God.
2.	List scriptures that remind you to trust God for your future.
3.	Pray a prayer of surrender, giving God your fears and control.







Day 16: N Letting Go of Control

Prayer for Today

Lord, help me to be still and know that You are God over everything. Teach me to trust You with all my heart and let go of the need to control outcomes. Calm my anxious thoughts about tomorrow and fill me with Your peace today. I surrender my work and life into Your hands. In Jesus' name, *Amen.* \swarrow















Your Verse

2 Corinthians 4:16–18 – "Therefore we do not lose heart... For our light and momentary troubles are achieving for us an eternal glory..."

Supporting Scriptures

- Romans 12:2 "Be transformed by the renewing of your mind."
- Isaiah 40:31 "Those who hope in the Lord will renew their strength."







Devotional: Finding Hope to Overcome Exhaustion

Workaholism often leads to burnout and discouragement. Paul encourages believers to not lose heart because our present struggles have eternal significance and do not define us.

Renewing our minds through hope in Christ brings strength and transformation. Focusing on eternal perspective shifts our attitude toward work and life toward rest and balance.







Reflect and Apply

1.	How do you maintain hope during times of exhaustion or overwhelm?
2.	What eternal truths give you courage to change unhealthy work habits?
3.	How can renewing your mind affect your mental health today?







Journaling Prompts

1.	Write about your current struggles and how God's hope speaks to them.
2.	List biblical promises that renew your mind and encourage your heart.
3.	Pray for strength and hope to face your work challenges with faith.







Prayer for Today

Father, when I feel worn down and discouraged, remind me of the hope I have in Christ. Renew my mind and give me strength to persevere. Help me see my work and life through Your eternal perspective and rest in Your promises. Fill me with hope that restores my soul. In Jesus' name, *Amen.* \bigwedge

















Day 18: **(**) Battling Anxiety with Faith

Your Verse

1 Peter 5:7 - "Cast all your anxiety on him because he cares for you."

Supporting Scriptures

- Psalm 94:19 "When anxiety was great within me, your consolation brought me joy."
- Matthew 6:25 "Do not worry about your life, what you will eat or drink..."







Day 18:

Battling Anxiety with Faith

Devotional: Casting Anxiety on God

Anxiety can be a powerful symptom of workaholism, creating constant mental unrest. Peter encourages us to cast all anxiety on God because He deeply cares for us.

Trusting God with our worries invites His comfort and joy to replace fear. This practice requires intentional faith and a willingness to actively give God our burdens.







Day 18: **(**) Battling Anxiety with Faith

Reflect and Apply

1.	What anxieties do you find hardest to release to God?
2.	How do you experience God's care when you cast your anxieties on Him?
3.	What steps can you take to regularly practice surrendering anxiety?







Day 18: **(**) Battling Anxiety with Faith

Journaling Prompts

1.	List your current anxieties and write them as prayers to God.
2.	Describe moments when letting go of anxiety brought relief.
3.	Pray for a deeper trust in God's care and provision.







Day 18: ① Battling Anxiety with Faith

Prayer for Today

Lord, I cast all my anxieties on You today, trusting in Your care and love. Help me resist worry and fear, knowing You hold me securely. Fill my heart with Your joy and peace as I surrender my burdens. Teach me to live by faith, free from the weight of anxiety. In Jesus' name, *Amen.* \bigwedge \bigcirc

















Your Verse

Matthew 6:33 – "But seek first his kingdom and his righteousness, and all these things will be given to you as well."

Supporting Scriptures

- Proverbs 3:5-6 "Trust in the Lord with all your heart..."
- Psalm 90:12 "Teach us to number our days, that we may gain a heart of wisdom."







Devotional: Aligning Priorities with God's Kingdom

Workaholism often twists priorities, elevating work goals above spiritual and relational health. Jesus calls us to seek first God's kingdom and righteousness, trusting that all other needs will be met.

Aligning our priorities with God's purposes brings clarity, peace, and balance. Wisdom helps us order life in a way that nurtures mental health and honors God.

Reflect on how your priorities match God's and what adjustments may be needed.







Reflect and Apply

1.	What are your current top priorities, and how do they reflect your faith?
	How might seeking God's kingdom first impact your work and mental health?
	What practical changes can you make to live with kingdom-centered priorities?







Journaling Prompts

1.	List your priorities and evaluate where God fits in each one.
2.	Write about a day when your priorities reflected God's kingdom well.
3.	Pray for wisdom to discern and live out God-centered priorities.







Prayer for Today

Lord God, teach me to seek Your kingdom above all else. Help me to order my life and work around Your righteousness. Grant me wisdom to prioritize in ways that honor You and promote mental health. May Your kingdom reign in my heart and actions. In Jesus' name, *Amen.* \bigwedge \bigcirc \bigcirc

















Your Verse

Lamentations 3:22-23 - "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

Supporting Scriptures

- Psalm 5:3 "In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly."
- Mark 1:35 "Jesus got up, left the house and went off to a solitary place, where he prayed."







Devotional: Beginning Your Day in God's Grace

Starting the day with God sets a foundation for mental health and balance.

The Lord's mercies are new every morning, providing fresh strength and hope to face daily challenges.

Jesus prioritized early quiet time to connect with God before the demands of the day arose. Emulating this practice invites peace and clarity, helping prevent workaholic overwhelm.

Today, reflect on your morning routine and ways you can incorporate time with God.







Reflect and Apply

1. F	How do your mornings currently affect your mental and spiritual state?
_	
	What benefits might arise from starting your day with God-focused oractices?
_	
- 3. V	What changes can you implement to prioritize God in your mornings?
_	







Journaling Prompts

1.	Describe your ideal morning routine that nurtures your soul and mind.
2.	Journal any obstacles that prevent you from morning time with God.
3.	Pray for a renewed desire and discipline to begin your days with God.







Prayer for Today

Faithful God, thank You for Your mercy that is new every morning. Help me to start each day with quiet time and connection to You. Fill my mornings with Your grace and guide my steps. Protect my mind from stress and anxiety as I commit my day to You. In Jesus' name, *Amen.* \bigwedge \bigcap \bigcap

















Day 21: 🕰 Rest as a Sacred Practice

Your Verse

Psalm 127:2 - "In vain you rise early and stay up late, toiling for food to eat—but sleep returns to those who enjoy it."

Supporting Scriptures

- Genesis 2:2-3 "God rested on the seventh day from all his work."
- Exodus 20:10 "But the seventh day is a sabbath to the Lord your God;"







Day 21: Rest as a Sacred Practice

Devotional: Valuing Rest as God's Gift

Rest is often undervalued in a workaholic lifestyle, seen as unproductive time. Yet Scripture shows that rest is a divine gift and necessity for well-being.

God's own rest sets a holy pattern for us to follow, emphasizing that exhausting work without rest is futile. By embracing rest as sacred, we honor God and care for our bodies and minds.

Reflect on your attitudes toward rest and how you practice it.







Day 21: 🕰 Rest as a Sacred Practice

Reflect and Apply

1.	Do you view rest as a priority or an inconvenience? Why?
2.	How might seeing rest as sacred change your behavior around work?
3.	What can you do to improve restful habits physically and spiritually?







Day 21: 🕰 Rest as a Sacred Practice

Journaling Prompts

1.	Write about your current rest habits and their effectiveness.
2.	List obstacles that keep you from resting well and ways to address them.
3.	Pray for grace to embrace rest as a vital spiritual practice.







Day 21: Rest as a Sacred Practice

Prayer for Today

Lord, help me to value rest as You intended it—as a necessary and sacred gift. Teach me to balance work with healthy rest, trusting You with my productivity. Renew my body, mind, and spirit through restful practices that honor You. In Jesus' name, *Amen.* \bigwedge















Your Verse

1 John 1:9 – "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Supporting Scriptures

- Psalm 103:12 "As far as the east is from the west, so far has he removed our transgressions from us."
- Isaiah 1:18 "Though your sins are like scarlet, they shall be as white as snow;"







Devotional: Healing Through God's Forgiveness

Workaholism can bring guilt and shame, especially when selfish priorities harm relationships or health. God offers forgiveness and cleansing when we confess our sins sincerely.

Receiving God's forgiveness brings freedom, renewing our minds and restoring peace. It releases the weight of past mistakes and empowers us to move forward with grace and hope.

Reflect today on any guilt or shame you carry and invite God's forgiveness into those areas.







Reflect and Apply

1.	Are there areas of guilt related to your work habits or mental health?
2.	How does God's forgiveness affect your self-view and motivation?
3.	What practical ways can you accept and live in God's forgiveness daily?







Journaling Prompts

1.	Write down any burdens of guilt or shame and lift them to God.
2.	Journal about the relief and renewal forgiveness brings to your life.
3.	Pray for an open heart to fully receive God's cleansing forgiveness.







Prayer for Today

Merciful Father, I confess my failures and ask for Your forgiveness. Cleanse me from guilt and shame, and help me to accept Your grace fully. Renew my heart and mind so I may live free from condemnation. Let Your forgiveness bring healing and peace to my soul. In Jesus' name, *Amen.* \bigwedge

















Day 23: God's Faithfulness in Trials

Your Verse

Lamentations 3:22-23 - "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

Supporting Scriptures

- Deuteronomy 7:9 "Know therefore that the Lord your God is God; he is the faithful God,"
- Psalm 36:5 "Your love, Lord, reaches to the heavens, your faithfulness to the skies."







Day 23: God's Faithfulness in Trials

Devotional: Trusting God's Faithful Love

Workaholism can make us feel overwhelmed and nearly consumed by stress. Yet God's compassion and faithfulness are steadfast and renewed daily.

Remembering God's faithfulness encourages us to persevere and rely on His sustaining love during mental and emotional battles. He is a firm foundation on which we can stand.







Day 23: 🌈 God's Faithfulness in Trials

Reflect and Apply

1.	How have you experienced God's faithfulness during difficult times?
2.	What comfort does God's love bring when work feels overwhelming?
	How can remembering God's faithfulness guide your mental health practices?







Day 23: God's Faithfulness in Trials

Journaling Prompts

1.	Recall specific instances of God's faithfulness in your life.
2.	Write about how faithfulness provides hope amid work challenges.
3.	Pray praising God for His unchanging love and mercy.







Day 23: God's Faithfulness in Trials

Prayer for Today

Faithful God, thank You for Your unending compassion and mercy that renews each morning. Help me to trust Your loving faithfulness in every trial and stress I face. Strengthen my heart to stand firm on Your promises and find peace in Your presence. In Jesus' name, *Amen.* \bigwedge \bigcap \bigcirc

















Day 24: Focusing on God's Purpose

Your Verse

Jeremiah 29:11 – "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Supporting Scriptures

- Romans 8:28 "And we know that in all things God works for the good of those who love him,"
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works,"







Day 24: Focusing on God's Purpose

Devotional: Living with Purpose and Hope

Workaholism may cause us to lose sight of why we work at all—God's good purposes for our lives. God's plans are filled with hope, prosperity, and future, offering peace beyond immediate pressures.

When we focus on fulfilling God's calling instead of unhealthy striving, our work becomes an act of worship and joyful service. Reflect today on aligning your work with God's purpose and trusting His good plans.







Day 24: **@** Focusing on God's Purpose

Reflect and Apply

1.	What is your understanding of God's purpose for your work and life?
2.	How does focusing on God's plans shift your motivation to work?
	In what ways can you better align your daily activities with God's purpose?







Day 24: **@** Focusing on God's Purpose

Journaling Prompts

1.	Write about your current work purpose and how it relates to God's call.
2.	List ways to make your work an offering to God rather than a burden.
3.	Pray for clarity and strength to pursue God's purpose in your work.







Day 24: Focusing on God's Purpose

Prayer for Today

Lord, thank You for the hope and future You promise me. Help me to understand and embrace Your plans for my life and work. Guide me to fulfill Your purposes with joy and peace. May my efforts glorify You and bless others. In Jesus' name, *Amen.* \bigwedge \bigcirc \diamondsuit

















Your Verse

Exodus 35:35 - "He has filled them with skill to do all kinds of work as engravers... designers, and embroiderers..."

Supporting Scriptures

- Psalm 104:24 "How many are your works, Lord! In wisdom you made them all; the earth is full of your creatures."
- 1 Corinthians 10:31 "So whether you eat or drink or whatever you do, do it all for the glory of God."







Devotional: Using Creativity to Refresh Your Soul

God has gifted each person with creativity, which can be a source of rest and refreshment. Engaging creative activities—whether related to work or hobbies—can nurture mental health by providing joyful expression and relaxation.

Creativity honors God as we reflect His divine image and craftsmanship. It offers a healthy outlet amidst the demands of workaholism. Consider how you can incorporate creative pursuits to balance your routine.







Reflect and Apply

1.	How does creativity currently play a role in your life?
2.	What feelings arise when you allow yourself time for creative expression?
	How can creativity serve as a form of spiritual and mental renewal for you?







Journaling Prompts

1.	List creative activities you enjoy or want to try to refresh your soul.
2.	Write about the impact of creativity on your mental health.
3.	Pray for inspiration and permission to embrace God-given creativity.







Prayer for Today

Creative God, thank You for the gifts and talents You have given me. Help me to use creativity as a way to rest and honor You. Inspire me to express joy and find renewal in creative pursuits. May my creative work bring glory to Your name and refresh my heart. In Jesus' name, *Amen.* \bigwedge \bigcirc \swarrow

















Day 26: Speaking Truth to Yourself

Your Verse

Psalm 19:14 – "May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer."

Supporting Scriptures

- Romans 12:2 "Be transformed by the renewing of your mind."
- Philippians 4:8 "Whatever is true, whatever is noble... think about such things."







Day 26: Speaking Truth to Yourself

Devotional: Renewing Your Mind with Godly Truth

Workaholism can fill our minds with lies—about our worth, abilities, and mistakes. The Bible calls us to meditate on God's truth to transform our minds and hearts.

Speaking scripture and godly affirmations to ourselves combats negative thinking and promotes mental health. Daily renewal through truth helps break unhealthy work patterns and fosters peace.







Day 26: 💬 Speaking Truth to Yourself

Reflect and Apply

1.	What negative lies do you often believe about yourself related to work?
2.	How does meditating on Scripture impact your mindset and emotions?
	What truths from God's word can you claim to combat workaholic thoughts?







Day 26: 💬 Speaking Truth to Yourself

Journaling Prompts

	Write down common negative thoughts and replace them with scripture-based truths.
2.	Journal your feelings after speaking God's truth to yourself.
3.	Pray asking God to help you rewire your mind with His truth.







Day 26: Speaking Truth to Yourself

Prayer for Today

Lord, help me to speak Your truth over myself daily. Renew my mind and transform my heart by Your Word. Break the lies that fuel workaholism and anxiety. Fill me with thoughts that are pure, noble, and pleasing to You. In Jesus' name, *Amen.* \bigwedge \bigcirc \bigcirc

















Your Verse

Romans 8:14 - "For those who are led by the Spirit of God are the children of God."

Supporting Scriptures

- John 14:26 "The Advocate, the Holy Spirit, will teach you all things and will remind you of everything I have said to you."
- Galatians 5:22–23 "But the fruit of the Spirit is love, joy, peace..."







Devotional: Guided by the Spirit to Mental Wellness

The Holy Spirit is our divine guide, teacher, and comforter. Listening to the Spirit's leading can help us avoid workaholic tendencies by attuning us to God's pace and peace.

By cultivating sensitivity to the Spirit, we experience His fruit such as peace and self-control, essential for mental health. Reflect on ways God might be leading you toward healthier choices and rest.







Reflect and Apply

1.	How attuned are you to the Holy Spirit's guidance daily?
	What signs or promptings has the Spirit given you about your work habits?
3.	How can you better listen and respond to the Spirit's voice?







Journaling Prompts

1.	Write about a time you sensed the Holy Spirit guiding a decision.
2.	List ways to cultivate listening to the Spirit amidst busyness.
3.	Pray for openness and sensitivity to the Holy Spirit's leading.







Prayer for Today

Holy Spirit, guide me in all my ways and help me listen to Your voice. Teach me to follow Your rhythm and find peace in Your leading. Fill me with Your fruit that sustains my mental health and purpose. Lead me away from workaholism toward rest and joy. In Jesus' name, *Amen.* \bigwedge









Day 28: Saying No with Grace









Day 28: (Saying No with Grace

Your Verse

Matthew 5:37 - "Let your 'Yes' be 'Yes,' and your 'No,' 'No."

Supporting Scriptures

- Galatians 6:5 "Each one should carry their own load."
- Proverbs 25:28 "Like a city whose walls are broken through is a person who lacks self-control."







Day 28: Saying No with Grace

Devotional: Learning to Set Boundaries Gracefully

Workaholism often causes difficulty in saying no, leading to overload and stress. Jesus teaches the power of honest and clear communication.

Setting boundaries with grace protects mental health and honors God's design for balance. Saying no is an act of self-control and wisdom, not selfishness.

Reflect on areas where you need to learn to say no more effectively and kindly.







Day 28: 🖰 Saying No with Grace

Reflect and Apply

1.	What fears or feelings make it hard to say no at work or in life?
2.	How might saying no improve your mental and emotional well-being?
3.	What does setting boundaries with grace look like for you?







Day 28: 🖰 Saying No with Grace

Journaling Prompts

1.	List situations where you find it hard to say no and why.
2	Write affirmations supporting your right to get houndaries respectfully.
۷.	Write affirmations supporting your right to set boundaries respectfully.
3.	Pray for boldness and wisdom to say no when needed.







Prayer for Today

Lord Jesus, teach me to say no with honesty and grace. Help me establish boundaries that protect my health and honor You. Give me the courage to refuse overload and the wisdom to balance commitments. May my yes and no bring peace and reflect Your love. In Jesus' name, *Amen.* \bigwedge \bigcirc

















Your Verse

Matthew 5:16 – "Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

Supporting Scriptures

- Philippians 2:15 "Shine among them like stars in the sky as you hold firmly to the word of life."
- Ephesians 5:8 "For you were once darkness, but now you are light in the Lord."







Devotional: Shining Bright in Balanced Living

Living free from workaholism allows our God-given light to shine brightly. When we embrace rest, mental health, and spiritual balance, our lives witness God's goodness.

Our example inspires others and brings glory to God. Reflect on how your lifestyle either dims or enhances your light for Christ.







Reflect and Apply

1.	How does your current work-life balance reflect God's light to others?
	What changes could help you shine more brightly in your sphere of influence?
3.	How can caring for your mental health be a testimony of God's grace?







Journaling Prompts

Write about how your life can glorify God through balanced living.
List ways you can encourage others to seek God's rest and peace.
Pray for God to use your life as a shining example of His love.







Prayer for Today

Lord God, help me to shine Your light brightly by living in balance and peace. May my life reflect Your goodness and inspire others. Guide me to care for my mental health and glorify You in all I do. Use me to bring hope and rest to those around me. In Jesus' name, *Amen.* \bigwedge









Day 30: PResting in God's Love









Day 30: WResting in God's Love

Your Verse

Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust in him,"

Supporting Scriptures

- Zephaniah 3:17 "The Lord your God is with you... he will take great delight in you; he will quiet you with his love,"
- John 15:9 "As the Father has loved me, so have I loved you. Now remain in my love."







Day 30: We Resting in God's Love

Devotional: Completing Your Journey in God's Peace

As this study concludes, rest in the fullness of God's love and peace. Trusting God fills us with joy and quiets restless hearts troubled by workaholism and mental strain.

Remain deeply rooted in His love each day, drawing strength and renewal from His presence. This ongoing rest is the foundation for a balanced, healthy life in Christ.

Celebrate your growth and continue to embrace God's grace and peace.







Day 30: SP Resting in God's Love

Reflect and Apply

	What have you learned about God's care for your mental health and work habits?
2.	How can you continue to rest and trust God after this study ends?
3.	What next steps will you take to maintain balance and peace in your life?







Day 30: Westing in God's Love

Journaling Prompts

1.	Write a summary of key insights gained from this study.
2.	Journal your commitment to ongoing rest and mental wellness.
3.	Pray for continued joy, peace, and trust in God's love.







Day 30: WResting in God's Love

Prayer for Today

Gracious God, thank You for journeying with me through this study. Fill me with hope, joy, and peace as I trust in You daily. Quiet my heart with Your love and help me remain rooted in You. Guide me to live in balance and mental wholeness all my days. In Jesus' name, *Amen.* \bigwedge







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